

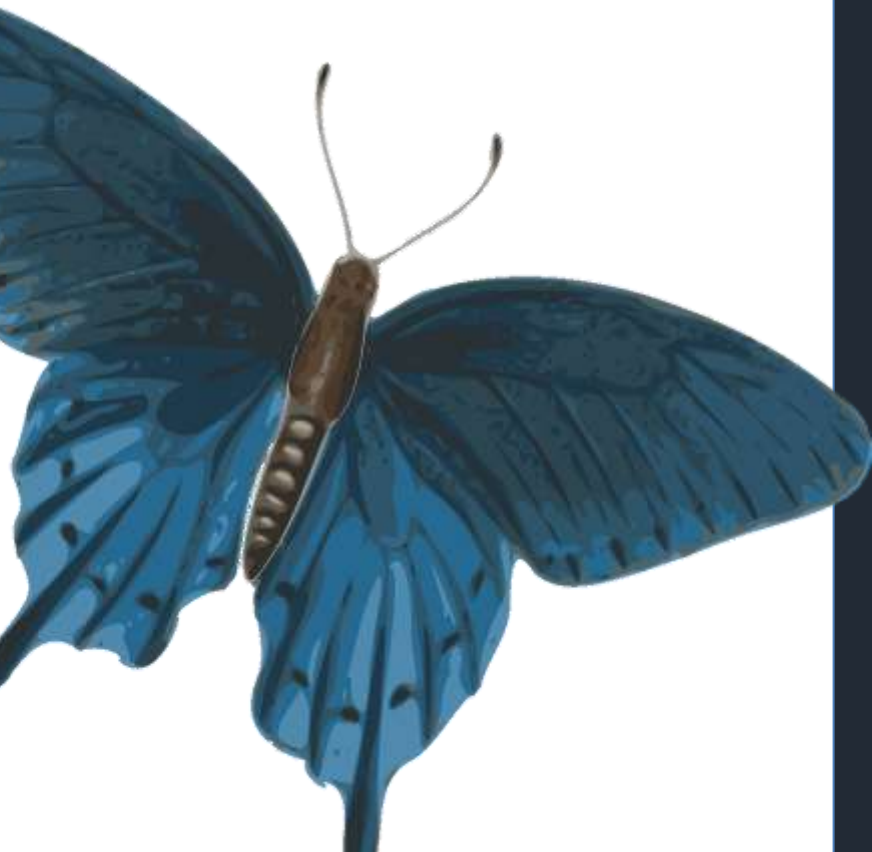
# Barbara

A speaker who knows her subject personally, Barbara Altman will bring a message of hope to anyone suffering from mental illness

Author of

*"Recovering from Depression, Anxiety, and Psychosis: My Journey through Mental Illness"*

Now Available on Amazon



# Altman



A Voice of Hope



*I have three passions...  
Music, Writing, Sharing*

*Sharing my story of recovery  
from mental illness*

*My greatest wish is to  
communicate my story through  
my writings and inspirational  
workshops. God bless all who  
have been mentally ill and God  
bless all who serve as healers.*

Contact me for your next event:

314-962-5324

# What Other People Say About Barbara...

"Growing up with an alcoholic father, she struggled with depression, eating disorders, and psychosis. She is a gifted and talented musician with a lovely sense of humor. This is the story of one woman who would not take 'no' for an answer. She has left no stone unturned in her pursuit of wholeness. She has transformed her life with the help of God and many caring people." **Caroline Penberthy, MSW, LCSW**

"I love Barbara Altman's book on her recovery from mental illness. I'm going to use the book with my clients, and I will recommend it to anyone with a mental illness." **Marigene DaRusha, Minister, Center for Spiritual Living**

"Barbara Altman has shared the harrowing experiences of her life in a way that sheds light on mental illness and alcoholic family systems and the influence of both on a person's development. It also sheds light on the fact that help is often not available to children because adults do not or cannot understand them and tend not to believe them. ..." **Patricia A. Antle, MSW, LCSW**

## Bio

As a child, Barbara dreamed of earning a degree in music and becoming a concert pianist. Instead, at age sixteen, she was called to the principal's office, labeled schizophrenic, and told she'd wind up in a mental hospital if she didn't immediately seek psychiatric help. At age fifteen, the voices in her head became more persistent; hope for recovery plummeted. At eighteen, she experienced a hideous hallucination: her face was distorted, eyes at the bottom and mouth at the top, ears sitting at strange angles, no nose, features twisted to the left. At forty-three, she despaired of finding anyone who had experience with brain abnormalities. In this memoir, Barbara describes her battle with mental illness and discusses both traditional and non-traditional methods of treatment.

More than just a memoir about the struggles involved with mental illness, *Recovering from Depression, Anxiety, and Psychosis* is the story of a family's survival through the trauma of alcoholism and the anguish of anxiety disorder. It tells of God's goodness shining forth in those who devote their lives to helping the mentally ill. It is Barbara's story of a transformation from victim to survivor and from mental illness to health.

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